



Woodstock Area Council on Aging  
99 Senior Lane  
Woodstock, VT 05091  
(802) 457-3277  
FAX: (802) 457-1259  
www.thompsonscenter.org

Non-Profit Organization  
Postage Paid  
Permit No. 33  
Woodstock, VT 05091



*The Thompson Times*  
AT THE CENTER FOR SENIORS AND COMMUNITY

## MUSICAL SUMMER

JULY 2012

Few things are nicer than enjoying a summer picnic outside listening to the sounds of music, under the warmth of the sun or a starlit sky. Many studies also show the therapeutic benefits of music. There are many musical events happening in local venues this summer, and we start our summer concert season off at the Suicide Six ski area with the Vermont Symphony Orchestra. For “Evening Out” events will offer two trips to the South Royalton Town Green to hear the South Royalton Town Band in July and August. The band will play a total of 8 concerts on Thursdays this summer in Randolph and a Friday evening concert at the Woodstock Historical Society on Friday, July 13<sup>th</sup>. On Thursdays at noon, Pentangle offers the popular Brown Bag concert series for an hour on the Woodstock Village Green. Order your brown bag lunch prepared by Chef Ryan on concert days that we are offering and let us know if you need a chair! So we invite you to call a friend, grab a lawn chair, order a picnic from The Thompson, and enjoy an afternoon or early evening of outdoor music.



### Pentangle Presents Vermont Symphony Orchestra, at Suicide Six ski area. Friday, July 6th.

Gates open at 5:30PM for bring your own picnicking before the 7:30PM concert. Cost: AARP members get a significant discount with advance purchase - \$25. Advance ticket price for non-members is \$31. Transportation cost: \$2 The Thompson van will depart at 6PM.

Bring your picnic and enjoy an evening of smiles with music that is joyful, witty, wacky, and fun – nestled in the breathtaking natural beauty of Woodstock’s historic ski mountain. Fireworks and the 1812 Overture complete the night!

### Finding Our Families: A Series of Genealogical Workshops

Are you a fan of NBC’s *Who Do You Think You Are?* or PBS’s *Faces of America*? Professional Genealogist Denise Picard Lindgren will conduct three, two hour workshops that will enable you to reconstruct your family history using state-of-the-art methods. Each workshop will include a presentation and time for questions and answers to suit the individual needs of the participants.

Cost: \$60 for three sessions

#### Free Introductory Session, September 6, 1:00PM

In this session you will have an opportunity to meet Denise Picard Lindgren, learn about her credentials, and determine if the series is right for you. Denise will present an overview of the three workshops and answer any questions. She will also provide some fun group exercises and, as a bonus, introduce the group to online genealogy, “Beyond *Ancestry.com*.”

#### Session 1: September 9<sup>th</sup>, 1:00PM. “Look it Up.”

Learn where and how to find needed records to research your ancestry. If you have a laptop, please bring it with you.

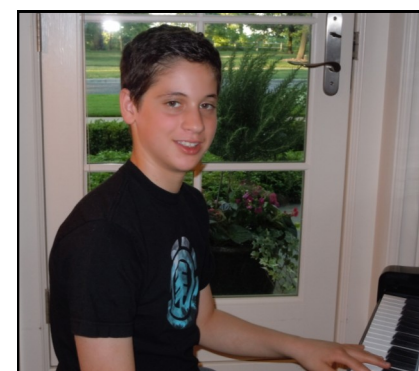
#### Session 2: October 18<sup>th</sup>, 1:00PM. “Sort It Out.”

Learn how to sort through records and determine which ancestor is truly yours (we often find persons with the right name, but wrong identity).

#### Session 3: November 15<sup>th</sup>, 1:00PM “Write It Down.”

Learn about the most popular software to record your genealogical research in a way that will stand the test of time for future generations.

Please sign up for this series in advance by calling 457-3277. A minimum of five participants is required.



### Piano Music at the Thompson

Young musician, **Jonathan Evans**, will perform two afternoons a week at the Thompson Center beginning **Wednesday, July 18<sup>th</sup> at 1:00PM**. Jonathan studied piano at the Interlochen Arts Academy last year. He is classically trained but enjoys playing a variety of music. Jonathan and his family live in Wilmette, IL. but spend their summers in Woodstock, VT.

See page 3 for a list of the Brown Bag Concerts and South Royalton Band trips offered through the Thompson (listing only van trips we are taking).

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The Thompson Center

Woodstock Area Council on Aging  
99 Senior Lane  
Woodstock, VT 05091  
Phone: 802-457-3277  
Fax: 802-457-1259  
www.thompsonscenter.org

CENTER HOURS

8 AM-3 PM, Monday-Friday

STAFF

**Deanna Jones**, Executive Director,  
tsc-execdiretor@comcast.net  
**Paula Audsley**, Outreach Manager,  
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**Volunteer:** tscvolunteers@comcast.net  
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**Siobhan Wright**, Kitchen Asst.,  
**Nelson Gilman**, Medical driver  
**Morris Stickney**, Maintenance  
**Gordon Worth**, Van driver  
**Jim Emery**, Van driver & maintenance

**Eleanor Zue**, Senior Solutions, Senior  
Advocate, EZue@seniorsolutionsvt.org  
(Tues., Thurs. at the Thompson)  
**SENIOR HELPLINE:** 800-642-5119

**Lonnie Larrow** Community Care  
Coordinator, Ottauquechee Health Center,  
457-3030

BOARD OF DIRECTORS

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Joan Oppenheimer  
Lynn Peterson, M.D.  
Sarah Roberts  
Joseph Sheperd  
Eldon Thompson

BEHIND THE SCENES

A note from the desk of  
Deanna Jones, Executive Director

Thank you to all who made Staff Appreciation Day a nice event for The Thompson staff. Jane Soule and Dick & Bonnie Atwood organized a wonderful potluck lunch and Sara Smith provided chair massages for staff! All very much appreciated!

It’s hard to believe we’re already planning for the Holiday Bazaar, but we are! If you’re a crafter, knitter, artist, or quilter, please start thinking about items that you might donate to the bazaar. If you’re interested in leading a workshop at The Thompson demonstrating your craft, we would love to hear from you as well. Paula Audsley will be the chair of this year’s Bazaar. Thank you, Paula!

Please contact me at 457-3277 or tsc-execdiretor@comcast.net if you have any questions or suggestions. ~ Deanna

TOWN DAYS!

Residents of surrounding towns are invited for lunch at The Thompson for the reduced rate of **\$2.00** on the following Mondays. Bring your friends!

<b>Barnard</b>	<b>June 11</b>
<b>Bridgewater</b>	<b>July 9</b>
<b>Pomfret</b>	<b>August 13</b>
<b>Reading</b>	<b>September 10</b>
<b>Woodstock</b>	<b>October 1</b>

ADVISORY MEETING HIGHLIGHTS

Submitted by Fran Gillett, Advisory

- Suggestions for summer events include Brown Bag concerts and Karaoke Party
- Volunteers needed for front desk, wait staff, and Meals on Wheels drivers.

Special thanks expressed to:

The Woodstock Garden Club for hanging baskets & plants  
Thompson Board Members who provided a new BBQ grill

Please join our next meeting on Monday, July 2nd at 1pm.  
Your input is needed and appreciated!!

IMPORTANT INFORMATION

MEDICAL EQUIPMENT

**Currently available at the Center:** Canes, walkers, shower chairs, crutches, and wheelchairs - **FREE Available:** Stair Chair glider, call for details  
**Looking for:** Lift chair - electronic recliner style  
Contact Deanna with questions at 457-3277.

DAY TRIP POLICY

- ♦ To make your reservation, contact Diana or Pam at 457-3277 .
- ♦ Reservations are taken on a first paid basis and are not considered confirmed until full payment has been received. Checks will be deposited 30 days prior to trip date.
- ♦ If you cancel for any reason, payment cannot be returned unless we fill your spot from a waiting list. This is due to non-refundable fees charged to us by the bus company &/or destination.
- ♦ All are welcome to go on trips, but anyone needing extended assistance must bring a caregiver or companion.

THOMPSON  
TRANSPORTATION PROGRAM

**Medical Rides** - \$10 suggested donation per out-of-town trip. A minimum of 48 hours noticed is requested for scheduling.

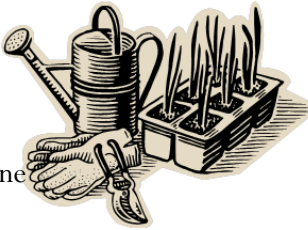
**Local transportation** to and from The Thompson and Woodstock stops - suggested donation of \$1 per ride (\$2 round trip if you get a ride both ways). Please call the Center by 8:30AM to request rides for that day. 457-3277

IN APPRECIATION

Daily *Valley News* subscription - Woodstock Pharmacy  
Birthday Cakes - Diane Atwood, Jane Soule, Carol Towne  
Monthly book club selection - Yankee Bookshop  
*One Story* subscription - Boyd Bishop  
Vegetable Gardens - Noreen Huff  
Front Garden Cleanup - Valerie Chase, Chase Site Services  
Planting - Norm Boynton  
Tomato, Pepper, & Chive plants - Tyler Audsley  
Medical supplies - Liz Schellhorn  
Peonies - Janet Maxham & Norm Boynton  
Card game mat - Kitty Bacon  
New Grill - Board Members  
Hanging baskets & plants - Woodstock Garden Club  
Whiskey barrels - Cindy Carroll  
Mulch - Chase Site Services  
Use of teapots - Rita Post

SHARE THE HARVEST

Asparagus - Marjorie & Floyd VanAlstyne  
Rhubarb - Perry Maxham  
Fiddleheads - Bob Beslisle



KIA SOUL

Transportation Sponsors:

Upper Valley Rehabilitation  
Dead River  
Ellaway’s Attic Consignment  
Ottauquechee Plumbing  
People’s United Bank  
Woodstock Insurance Services  
Lang McLaughry Spera Real Estate’s Tambrey Vutech



THANK YOU ALL!

JULY BIRTHDAYS

2nd Barbara Kelley	11th Harold Robinson	25th Bea Gyra
4th Jerry Vanderwater	12th Floyd Holt	26th Marilyn Wilhelm
5th Dorothy Lord	14th Lysle Chase	26th Dwain Manning
5th Gordon Worth	16th Priscilla Pannell	31st Pam Butler
6th Helga Cognato	19th Ed English	
9th Fran Gillett	21th Joe Herrick	

On July 26th we will celebrate your special day! Please join us!





# ONGOING PROGRAMS

## CAREGIVER SUPPORT GROUP

Wednesday, July 18th

(Ongoing, on the third Wednesday of each month, 12:30 - 1:30 PM)

Support and education can make a critical difference for family members and caregivers of patients with memory loss or disorders such as Alzheimer's. Please join our confidential monthly support group (with complimentary lunch) and share ideas, concerns, and constructive feedback with others facing similar challenges.

## JOIN OUR MEMOIR CLUB

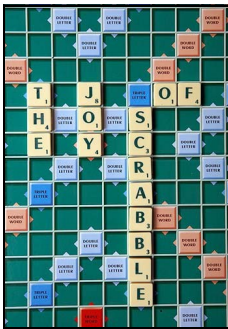
Ongoing, Mondays, 10:15 AM - Noon

In this informal group, we encourage one another as we record stories that may otherwise be lost or forgotten. Each person has an opportunity to read aloud one to two pages each week often triggering group memories and lively discussion. No pressure... reading is optional! Participants' goals may be to compile written memories in a book to be passed down, or to gather miscellaneous written memories as they come to mind. This group is fun and supportive -- come join us!

## SCRABBLE CLUB

Ongoing, Mondays, 1 PM

This newly formed group wants to have fun while keeping their brains active and challenged. The National Scrabble Association "cheat sheets" and playing boards are available. Let's play - the more the merrier!



## BOOK CLUB

The book club is on "summer break" until September. Enjoy the books you choose and recommend your favorites to Sherry Belisle 457-1919.



A special thank you to the Yankee Bookshop for donating a copy of each month's book to The Thompson Center and to Sherry Belisle for facilitating the Book Club!



## HANDWORK CIRCLE

Need moral support starting or finishing a project? Join our handwork circle on

Wednesdays at 10:30 AM for tips, advice, coffee, and a few laughs.

TALK AND LISTEN with Linda Grant will return in September after a summer break.

## Happy Feet!

with Mary Wood

Monthly, 9 am - 2:30 pm  
on the 2nd Friday & 3rd Wednesday

Mary Wood, our wonderful retired RN runs the foot clinic. Call 457-3277 to schedule a half hour appointment with Mary between 9 - 2:30 pm on the 2nd Friday or the 3rd Wednesday of each month (see the calendar for dates). Your feet will thank you! No foot clinic August 10th. Cost: \$15

# NEWS

## Musical Summer (continued from cover)

### Brown Bag Concerts, Thursdays at Noon on The Woodstock Village Green

For a full listing of the details for each of the weekly Brown Bag concerts, please see the Pentangle website. [www.pentanglearts.org](http://www.pentanglearts.org) or call 457-3981

The Thompson van will provide transportation to the following Brown Bag Concerts:

**Thursday, July 19-** Michele Fay Band (Folk, Swing, and Bluegrass).

**Thursday, August 2** - Island Time Steel Band (Big Steel Drum band).

**Thursday, August 9** - Rick Klein & Peter Macfarlane from Atlantic Crossing (Contra-Dance/ Celtic roots)

**Thursday, August 30** - Gerry Grimo & The East Bay Jazz Ensemble (Classic Big Band, Motown, R & B).

**For the Brown Bag Concerts listed above The Thompson van departs at 11:30AM for the 12PM concert. Box lunches may be purchased through The Thompson Center. Sign up in advance required.**

### South Royalton Town Band Concerts, Thursdays at 7:30 - 9:00 pm on the South Royalton Village Green, conducted by Dick Ellis.

The Thompson Van will provide transportation for the following *Evening Out* trips to South Royalton:

**Thursday, July 19**

**Thursday, August 16**

Sign-up in advance required. The Thompson van will leave The Thompson Center at 6:30 pm for the 7:30 pm concert. Cost: \$5

**Thursday, August 23, 1:00PM.** Brent and Crista Buswell join us to perform our favorite tunes for our monthly birthday celebration.

## Red Flags of Nutrition Quackery

Wednesday, July 25, 1:00PM

Presented by Registered Dietitian  
Mary Saucier Choate

Do you know all of the ways marketers slant the truth to get you to believe them and buy their products? Find out about the outrageous strategies they use. Become a super savvy sleuth by learning to spot the tip-offs to rip-offs.

Registered Dietitian Mary Saucier Choate has been the Food and Nutrition Educator at the Hanover and Lebanon Co-op Food Stores since 1998. She focuses her work on helping to break down the various obstacles to healthful eating and moving. This will be an interactive and hands-on class at no cost and a minimum of 8 participants are requested. Please call to register.

## OTTAUQUECHEE HEALTH FOUNDATION

GRANTS, FUNDING AND SUPPORT BECAUSE GOOD HEALTHCARE MATTERS TO US ALL

### Do you know of someone who might need help with paying for health care?

The Ottawaquechee Health Foundation funds Good Neighbor Grants for people who are unable to pay for their costs of health care and who live in Barnard, Bridgewater, Hartland, Killington, Pomfret, Quechee Village, Reading, or Woodstock.

We help fund:

- Medical equipment
  - Mental health care
  - Counseling
  - Medications
  - Dental care
- and other health needs.

For more information give us a call at 802-457-4133 or check-out our website [www.ohfvt.org](http://www.ohfvt.org)

# PROGRAMS

**Program by Mme. Eleonora Stein**  
Tuesday, July 10, 1:00PM

Mme. Stein, trained in Europe with Russian masters, has performed internationally as a dancer and vocalist. She has appeared on television shows, night clubs and choreographed many popular musicals for established organizations. She has devoted her life to teaching her art in public and private settings as well as academies established in her name.

Mme. Stein will entertain us with highlights from her past performances (on DVD and CD). Her spunk and vigor have remained strong into her “senior” years.



## Fraud Alert

**Monday, July 2, 1:00PM**

Sergeant Peter Mantello, from the Woodstock Police Department, will discuss current crimes and fraud scams against local residents. He will suggest safety measures to help prevent these crimes and discuss ways we can support our vulnerable neighbors, including older residents and people living alone.



## VISION SCREENINGS

**Friday, August 10**  
**8:30AM – 3PM,**

Dr. Dean Barcelow of EyeCare for You in Bethel, VT will be performing vision screenings for the Thompson Center on Friday, August 10. Vision Screenings will include visual acuity (how well you see), an anterior segment evaluation (a look at the front of your eye), and a posterior segment evaluation (a look at the back of your eye). Vision screenings are not meant to take the place of regular eye care and each individual is encouraged to keep their regular appointments with their primary eye care provider. Please come prepared with any eye questions you may have as Dr. Barcelow has set aside some time at each 30 minute appointment to answer them. This is being offered as a free service.

Dr. Dean Barcelow grew up in South Royalton, VT and is a graduate of the Pennsylvania College of Optometry. He completed his residency training in ocular disease at the White River Junction VA Hospital through the New England College of Optometry.

## THOMPSON HOLIDAY BAZAAR

**Saturday, December 1, 2012**

Calling all crafters, knitters, canners, and picklers,  
**WE NEED YOU!**

Please consider making homemade jams, pickles, crafts, pottery, jewelry, mittens, socks, or quilted items to our annual holiday bazaar and cookie walk. Thank you!



## HEARING SCREENINGS

**Friday, July 13**  
**9:00-3:00PM**

An Avada Hearing Care Specialist will return to The Thompson to conduct a thorough hearing examination and provide consultations at **no charge**. Hearing instrument demonstrations will also be available. **Call early to reserve your 45 minute appointment.**

# CLASSES

## FRENCH CLASSES

**Mondays, September 10<sup>th</sup> to October 29<sup>th</sup>**  
**(no class on October 8<sup>th</sup>)**  
**8:45 to 10:00 AM**  
**Cost: \$85.00**

Instructor: Judy Mahood  
Email: [judymahood@comcast.net](mailto:judymahood@comcast.net).

Please call to indicate your interest as soon as possible. Judy would like a minimum of four students to conduct this class.

**Advanced Beginner**  
Students in this class will participate in a variety of activities that will enhance their French language skills and familiarize them with the French culture. Students will learn some useful vocabulary and expressions for travel and will have an opportunity to refresh their rusty or forgotten skills.

## ITALIAN STUDY GROUP

**Ongoing, Thursdays, 10:30 AM - Noon**  
**Cost: \$11/class**  
**Instructor: Evangeline Monroe**  
**Off for July and first two weeks in August --**  
**Resume Thursday, August 16<sup>th</sup>, 10:30 to noon.**

In this study group we will focus on building comprehension and fluency. All levels of fluency are welcome. Evangeline is a retired Foreign Service officer who reported on Italian politics while serving at the U.S. Embassy in Rome from 1989 to 1991. For more information call Diana Leskovar at 457-3277.

## STRENGTH & FITNESS

**Weekly classes**  
**on Monday, Tuesday, and Thursday**  
**9:00 AM**

Our popular strength and fitness class, led by Liz Hatfield, is scheduled each Monday, Tuesday, and Thursday from 9:00 - 10:00 AM. The class is offered for \$3.00/class or 12 classes for \$30 on a punch card.

## TAI CHI

**For Health, Fun, and Relaxation**

Please note: no summer classes are scheduled at this time. Watch for updates in the August newsletter.

Instructor Anne Bower offers two Tai Chi classes at the Thompson Center:

**Beginners' Class**  
Students will learn the standing and seated versions of part one of “Tai Chi for Arthritis” along with basic tai chi principles that promote healthy outcomes—deep breathing, slow/gentle movements, coordination of body and breath, relaxation with focused, deliberate steps.

**Upper Level Class**  
Students will expand on their knowledge of forms part one and two (tai chi for arthritis) and explore other instructor lead forms (Sun 73 or Yang 24) ---depending on student interest and ability.

For more information email Anne Bower at [annie-bower@yahoo.com](mailto:annie-bower@yahoo.com) or check out her website ([www.annebower.com](http://www.annebower.com)) she can also be reached at: 802-457-2877

The Arthritis Foundation endorses this form of tai chi as a clinically proven way to improve mobility, decrease pain, stiffness, and gain balance.

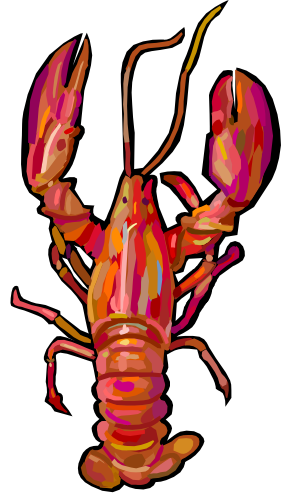
## SPANISH CLASS

Fall dates to be announced

**Instructor: Jennifer Roby**  
This class will be conducted primarily in Spanish with emphasis on building conversational skills. It will be geared toward beginning and intermediate learners. Instructor Jennifer Roby teaches Spanish part-time at the Albert Bridge School in Brownsville and has tutored children and adults of all ages. Minimum: 4 students.



## TRIPS



### TRIP TO YORK, MAINE WEDNESDAY, JULY 18<sup>TH</sup>

**Depart Thompson Center at 7:30AM on Premiere Bus.  
Our estimated time for return to Woodstock is 7:30PM.**

Arrive at Fox's Lobster House, located on the scenic "Nubble" peninsula overlooking the historic Cape Neddick Light Station. We will have an opportunity to stretch our legs and enjoy the great views on the point called Sohler Park. Lunch will be served in the upstairs dining room overlooking the ocean and surrounding park. You will have a choice of 1 1/8 fresh boiled Maine Lobster, local baked Haddock, or their popular Chicken Marsala. All lunch entrees include a garden salad, choice of fries or baked potato, choice of corn on the cob or fresh broccoli, dinner rolls and beverage, with mudslide ice cream pie for dessert. Fox's motto is, "One Nibble on the Nubble and You're Hooked!"

At 2:00 we will arrive at the 23<sup>rd</sup> Annual Decorator Show House where we will tour a beautiful local home featuring dozens of spaces decorated by many of the region's most talented designers. There will be an opportunity to walk the landscaped grounds and shop in a boutique stocked with specialty items and samples. Following the tour Elaine Burnham, a Member Liaison from the York Chamber of Commerce, will step on our bus and provide a short narrative on some historic landmarks, as we head out of town. Time permitting we will stop off at the Stonewall Kitchen store to enjoy samples of their popular products. **Note: This trip entails walking on uneven surfaces and the use of stairs.**

**Cost: \$88.00. Please indicate your menu choice when you reserve your place in advance. Thank you.**

**OKLAHOMA, Wednesday, July 11, 2:00 matinee, (depart on the TSC shuttle at 12:30PM)**  
Seats full - Waitlist only

### *Garden Tours*

**Thursday, July 5, 1:00 PM (depart on Thompson Shuttle, or drive on own)**

We will tour three distinctive gardens in the Bridgewater area: The Oppenheims, the Bulmers, and the Shackleton/Thomas gardens. Specific landscape and garden design details will be shared on site.

**Friday, July 20, 1:00 PM (depart on Thompson Shuttle, or drive on own)**

On this tour we will visit the Pierce and the Kannenstine gardens.

Note: Please wear comfortable/supportive shoes. These gardens require walking on uneven surfaces and the use of steps. Also, these gardens are in varying stages of bloom (or not); visitors will have an opportunity to appreciate each garden for its overall design and current stage of growth. Please sign up in advance, we will cut off the tour at twenty people. In the event of rain the tour will be cancelled. Thank you.



## PROGRAMS

### *Women in the White House Series Continues!*



**Women in the White House  
Trivia Game  
Tuesday, July 17, 1 PM**

White House wives have rarely confined themselves to sitting around being gracious, even at times when that was all that was expected of them. In a question and answer format, we will explore nearly four dozen First Ladies whose lives turn out to be unexpectedly fascinating, often moving, and occasionally outrageous.

**MARY TODD LINCOLN TALK, by C.J. King  
Tuesday, August 7, 1 PM**

C.J. King became interested in the Lincoln women when she learned she was related to them through the Harlan family. She wrote her master's thesis on the subject and then expanded on the material to write her book, *Four Marys and a Jessie: The Story of the Lincoln Women*. Dr. Harold Holzer, the author or editor of 23 books about Abraham Lincoln, wrote the book's introduction. He observed, "The Lincoln women have been woefully ignored by most historians, and deserve their day in the sun. At long last C.J. King has filled in many blanks with a history of the Lincoln—and Todd—and Harlan women across two centuries. C.J. King is a professional writer and editor for more than 30 years.

**Free Legal Advice Clinic  
Monday, July 23, 9:00AM - 12:30PM**

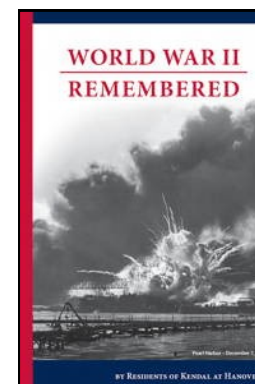
Harvard attorney, Jacob Speidel, will return to conduct a free legal clinic at the Thompson Senior Center. The clinic is sponsored by Vermont Legal Aid and the Council on Aging for Southeastern Vermont and it is for Vermonters age 60 or older. Jacob will give legal advice or referrals on a wide variety of legal problems including wills, powers of attorney, landlord-tenant issues, Medicaid, Medicare, Social Security, SSI, other public benefits, debt collection, consumer issues, guardianship, divorce, foreclosure, small claims, bankruptcy, and other civil legal matters. Please bring any paperwork with you pertaining to your problem. Also, please note the attorney is not able to help with criminal cases or problems pertaining to anyone other than you. Twenty minute appointments will begin at 9:00AM and end at 12:30PM. Please call the Senior Center at 457-3277 to schedule an appointment.

### ***WORLD WAR II REMEMBERED***

**Thursday, July 26, 1pm**

What stands out so clearly in these "remembrances of things past" is the unmistakable ring of authenticity in every account, a rare quality in the literature of war. Even after 70 years, every recollection remains vivid. Time has done little to dim those perilous times and recollections; they add depth and breadth to tales of wartime and to the significance of experiences lives in service...*World War II Remembered* is an exceptional human document—a legacy of greatness to be treasured for a very long time.

**Join us for this talk with some of the writers and editors of the book and help kick-off BOOKSTOCK 2012 with us at The Thompson!**



PROGRAM CALENDAR - JULY 2012				
Mon	Tue	Wed	Thu	Fri
2	3	4	5	6
9 Strength & Fitness 10:15 Memoir Club 1 Advisory Meeting 1 Bridge 1 Scrabble <b>1 Fraud Prevention</b>	9 Strength & Fitness 10:00 Double King Pede 12 Spanish Table 1 Horseshoes	<b>Independence Day</b>  <b>Closed</b>	9 Strength & Fitness 10 Cribbage 12 Italian Table <b>1 Garden Tour*</b>	12 German Table <b>6 VSO departure to Suicide Six*</b>
9	10	11	12	13
<b>BRIDGEWATER DAY*</b>  9 Strength & Fitness 10:15 Memoir Club 1 Bridge 1 Scrabble	9 Strength & Fitness 10:00 Double King Pede 12 Spanish Table 1 Horseshoes <b>1 Madame Stein Talk</b>	10:30 Handwork Cir. 12 French Table	9 Strength & Fitness 10 Cribbage 12 Italian Table <b>1 Fraud Program</b>	9 – 2:30 Foot Clinic* <b>9- 3:00 Hearing Screenings*</b> 12 German Table
16	17	18	19	20
<b>8:30 Newsletter folding</b> 9 Strength & Fitness 10:15 Memoir Club 1 Bridge 1 Scrabble	9 Strength & Fitness 10 Double King Pede 11:30 Commodities 12 Spanish Table 1 Horseshoes <b>1 White House Trivia</b>	<b>7:30 Maine Trip*</b> 8 Board Meeting 9 W. Leb Shopping* 9 – 2:30 Foot Clinic* 10:30 Handwork Cir. 12 French Table 12:30 Caregiver Support Group <b>1 Piano music by Jonathan</b>	9 Strength & Fitness 10 Cribbage <b>11:30 Brown Bag Concert*</b> 12 Italian Table <b>6:30 South Royaltan Band departure*</b>	12 German Table <b>1 Garden Tour*</b>
23	24	25	26	27
9 Strength & Fitness <b>9 - 12:30 Legal Clinic*</b> 10:15 Memoir Club 1 Bridge 1 Scrabble	9 Strength & Fitness 10 Double King Pede 12 Spanish Table 1 Horseshoes	10:30 Handwork Cir. 12 French Table <b>1 Nutrition Program</b>	<b>BIRTHDAY DAY*</b>  9 Strength & Fitness 10 Cribbage 12 Italian Table <b>1 World War II Remembered</b>	12 German Table
30	31			
9 Strength & Fitness 10:15 Memoir Club 1 Bridge 1 Scrabble	9 Strength & Fitness 10 Double King Pede 12 Spanish Table 1 Horseshoes		<b>* Please Sign up/Reservations Required</b>	<b>BINGO daily at 10:30 am except on birthday day and other special meal days.</b>

MENU - JULY 2012				
Mon	Tue	Wed	Thu	Fri
2	3	4	5	6
Tossed Salad, Pesto Olive Chicken, Herb Roasted Red Potatoes, Share The Harvest Vegetables, Peach Rhubarb Coffee Cake	<b>Grill Day</b> Hot Dogs & Burgers, Macaroni Salad, Firecracker Salad, Ice Cream Cone	<b>Independence Day</b>  <b>Closed</b>	Salmon en Croute, w/ Spinach and Mushrooms, New Potatoes, Cucumber/Dill Salad, Coconut Cream Pie	Chicken Tostadas, Roasted Vegetable Medley, Italian Cream Cake
9	10	11	12	13
Broccoli Salad, Turkey Waldorf Salad, Lettuce, Tomato, Cucumber, Cottage Cheese, Rum Raisin Rice Pudding	Salsbury Steak, Mashed Potato, Gravy, Mediteranean Vegetables Strawberry Rhubarb Pie	<b>Bastille Day</b> Coq Au Vin, Parsley Potatoes, Green Beans, Mesclun Greens w/ vinaigrette, Creme Brulee Tartlet w/ berries	Fish Florentine (spinach and cheese), herb roasted potatoes, Lime carrots, Fruit Cobbler	<b>Chef's Choice</b>
16	17	18	19	20
Tossed Salad, Penne Pasta w/ Sweet Italian Sausage, Spinach, Tomatoes, Pesto, Citrus Ricotta Squares	Pan seared Chicken breast, Creamy cheddar polenta, Spinach supreme(spinach, sour cream, parmesan and Monterey jack cheese) Sorbet w/ Fresh Berries	Tossed Salad, Supreme Pizza w/ peppers, onions, mushrooms, olives, pepperoni, Coconut Macaroons w/ Pineapple	Chef Salad w/ Lettuce, Tomato, Ham, Turkey, Cheese, Hard Boiled Egg, Carrot, Lemon Fool	Tossed Salad, Bombay Chicken Breast, Scallion Rice, Curried Roasted Vegetables, Rolled Blackberry Cake
23	24	25	26	27
<b>Chef's Choice</b>	Chili, Corn Bread, Cole Slaw, Hot Fudge Sundae w/ Banana	Tossed Salad, Chicken Parmesan over Multigrain Pasta, Garlic Bread, Tuscan Blend Vegetables, Fresh Fruit Salad	<b>Birthday Day*</b> Grilled Baja style Pork Loin, Spicy Sweet Potato Salad, Share the Harvest Vegetables, Cake & Ice Cream	Summer Stuffed Peppers, Share the Harvest Vegetables, Chef's Choice Dessert
30	31			
Meatball Hoagies, Sweet Potato Fries, Coleslaw, Cookie Fruit Basket	Quiche w/ Spinach, Bacon, Mushrooms, Roasted Potatoes, Roasted Vegetable Medley, Strawberry Shortcake	<b>* indicates that sign-up/reservations are required (Birthday Day &amp; special holiday meals)</b>	<b>Meal Pricing:</b> ♦ <b>\$ 6 charge</b> for those under age sixty ♦ <b>\$ 4 suggested donation</b> for ages sixty and over	<b>Menu is subject to change based on availability of food items.</b>  <b>Please call ahead with special dietary needs.</b>